



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

December 2014

Elder / Human Services

16 Lowell St.
781-942-6608
Fax 781-942-9071
M, W, & Th. 7:30 - 5:30 p.m.
Tuesday 7:30 - 7:00 p.m.

Pleasant Street Center

49 Pleasant St.
781-942-6794
Fax 781-942-9034
Mon.- Fri. 8:30 - 4:00 p.m.

Elder/Human Administrator

Jane Burns
781-942-6658

Clerk

Ann Gentile
781-942-6608

Pleasant Street Center

Coordinator
Sharon Thomas
781-942-6796

Social Services

Kerry Valle 781-942-6659
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

Thomas Procopio, Chairman
Kevin Walsh, Vice Chairman
Donavin Bentley
Erica Deane
Margaret Havey
Sally Hoyt
Steve Oston
John Persons
Sandra Shaffer

This month we welcome a new Podiatrist to the Pleasant Street Center. Dr. Carl Conui of New England Foot and Ankle will be taking appointments once a month on Wednesday afternoons. See page 7 for more information. We wish Dr. Connelly the best in retirement.

Also Rite Aid will be offering Flu Shots in addition to Blood Pressure screening on December 19. Be sure to bring your insurance card.

As the snowy weather approaches keep in mind if school is closed there will be no activities at the Center. The staff will be working to assist you but lunch and events will be cancelled.

Have a safe and happy Holiday season

SPECIAL EVENTS



There is no Van Service on Mon. Dec. 1

Pleasant Street Center is closed on Thurs., Dec. 25 and Fri., Dec. 26

Body & Brain Flexibility, Weds, Starting Dec. 3, 11:00 - 12:00

Movie Day: Parkland - Thurs., Dec. 4 - 1:00

Sr. Matinee @ Stoneham Theatre, Meet me in St. Louis - Thurs., Dec. 4 - 2:00

Birthday Lunch - Mon., Dec. 8 - Noon

Lunch & Learn "Ebola"- Weds., Dec. 10 - 12:00

Northeast Youth Ballet: The Nutcracker — Thurs., Dec. 11 — 10:00

Wii Games - Thurs., Dec. 11 — 1:00 (see page 3)

Representative Jones — Fri., Dec. 12 — 1:15 — 2:15

Holiday Special Lunch, Tues., Dec. 16, 12:00

Pop-up Library - Weds., December 17, 10:30

Not Too Stuffy Book Club - Thurs., Dec. 18, 1:00 - 2:00 (see page 7)

Senator Lewis - Friday, December 19, 2:30 - 3:30

Parker and Coolidge Middle School Select Chorus Tues., Dec. 23 - 12:30

Christmas Eve Brunch - Weds., Dec. 24 - 10:00

IMPORTANT SYMBOLS



Registration Required
and Free Transportation
781-942-6794

Reservations start November 24

Please call by noon at least two days
before the event. Cancellations after
4:00 p.m. - leave a message.

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MONTHLY ACTIVITIES



Fix It:- Leave the lamp at the reception desk any day. You only pay for parts.

The Caregiver support Group: Tues., Dec. 2, & 16, - 6:00. Please contact Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved.

Body & Brain Flexibility: Weds.- 11:00 – 12:00 starting Dec 3–17. Come join us for **Body & Brain Flexibility**, learn skills to enhance memory and coordination and have fun! Our classes are gentle and effective, designed for people of all abilities and especially for those who are new to yoga. We look forward to meeting you during this busy holiday season! \$5 drop in.

Lunch & Learn Weds., Dec. 10 - 12:00 Ruth Clay, Town of Reading Health Director will share information about Ebola.

Movie Day: Parkland, Thurs., Dec. 4 - 1:00 - Based on Vincent Bugliosi's book, this powerful drama takes place in the Dallas hospital where John F. Kennedy was brought after being shot on Nov. 22, 1963. Intertwining stories follow doctors, FBI agents, an unwitting cameraman and many others.

Senior Matinee @ Stoneham Theater: Meet Me in St. Louis, Thurs., Dec. 4 - 2:00. Join the Smith family for the holidays as they face leaving their beloved St. Louis home and relocating to New York City. This heart-warming American musical is a celebration of family, home, hearth and love. Tickets \$35, checks payable to the Stoneham Theatre due to the Receptionist by Nov. 24

Birthday Lunch: Mon., Dec. 8 - Noon, Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Fuel Assistance: Tues., Dec. 9 - 9:00 am - 11:45, Appointment required for 15 minute appointment. Town Hall Conference Room, lower level. Call 781-942-6608 for an appointment

The Nutcracker: Thurs., Dec. 11—10:00 (leaving Reading @ 9:00 by van). Northeast Youth Ballet has donated a limited number of tickets to their performance of The Nutcracker. Tickets and transportation are free. Please contact the Receptionist if you are interested in attending - it is a beautiful show!

Holiday Special Lunch: Tues., Dec. 16, 12:00; - The Uptown Girls - "Cool Yule" Show.

State Senator Jason Lewis: Friday, Dec. 19, 2:30—3:30. Stop by and get to know Senator Lewis. Raise any questions/concerns.

"The Reading Middle Schools' Select Chorus: Tues., Dec. 23, 12:30 - Comprised of 6th, 7th, & 8th grade students from both Coolidge & Parker Middle Schools, along with a small instrumental ensemble from Parker, will perform holiday tunes. The groups are under the direction of Reading music teachers Jenny DiMuzio & Andrew Norton.

Christmas Eve Brunch - Weds., Dec. 24 - 10:00 Join us for brunch and some Christmas cheer. Omelets, sausages, and French toast sticks and other holiday treats.

The Pleasant Street Center will be closed December 25 & 26 for the Holiday.

New Year's Eve Party/Yankee Swap: Weds., Dec. 31, Noon - 3:00 p.m. - Count down to the New Year and join us for lunch with a special dessert and some holiday fun. Feel free to bring a wrapped gift for the "Re-gifting Yankee Swap" (value \$3 - \$5); for some added fun bring your strangest, "Why did they give me this?", or "What am I supposed to do with that gift"? Suggested donation for lunch is \$2.00.

Lunch is Served: Noon. Join us weekdays for a good meal, conversation, and occasional entertainment. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). Reservations required.

CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00
2 ½ hours for \$10.00. Steve will teach any medium 

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 Arts & Crafts Rm . New knitters welcome. 

Painting Group: Fridays, 10:00 - 12:30 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Wednesdays with John Walsh 10:00 – 11:00 

Tuesdays/Thursdays with Ethan - 1:00 - 2:00

Wii Games: Thurs., Dec 11, 1:00

Cribbage: Mondays, 1:00 - 3:00

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Bingo: Tuesdays 1:00—2:30 

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome. (No Van) Maximum 32.

MAH JONGG: Thursdays, 12:30 - 3:30

No Quilting in December

FITNESS

Motion to Music - Tues. & Thurs., 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4/session.


B.E.S.T. - Balance, Energy, Strength, Training
Fridays, 9:00 - 10:00 Lounge. Drop-in \$3/Session.

Yoga - Mon. — 11:00 - 12:00 , 5 weeks for \$50 or \$11 for drop-in

Zumba Gold: Kelli - Mon. and Cindy on Weds 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

Tai Chi - "FOREVER 49" - Fit for Life Fitness Program - Chi Gong, weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins. , First Class Free - December 1

Pleasant Street Spa

Roberta Our Hairdresser—Mon., Dec. 15 - 9:30 – 1:00
by appointment call (781) 245-6605 

For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)

Facials – Thursdays, Dec. 4 & 18 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursdays, Dec. 4, 11 & 18, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - Thursday, Dec. 11, 9:30 - 1:00, \$6.00 or \$7.00 French.

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4. MONDAY 1	Pleasantries Senior Newsletter TUESDAY 2	December 2014 WEDNESDAY 3	Pleasantries Senior Newsletter THURSDAY 4	December 2014 5. FRIDAY 5
9:15 Zumba 10:00 Blood Pressure 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:30 Forever 49 - Tai Chi Chicken Marsala or Tuna Salad Sandwich	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 A Matter of Balance 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group Meatloaf or Tortellini Salad	8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Kiklicky Klack 10:00 Computers w/John 10:00 Billiards 11:00 Body & Brain Flexibility 1:30 Forever 49 - Tai Chi 1:00 Downtown Errands Macaroni & Cheese or Roast Beef/Cheese Sandwich	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 12:00 Lunch 12:30 MAHJONGG 1:00 Computers w/Ethan 1:00 Movie - Parkland Baked Fish or Chicken Salad Sandwich	8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Broccoli Quiche or Turkey Sandwich
8 9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall 1:30 Forever 49 - Tai Chi 6:30 COA Turkey tetrazzini or Egg Salad Sandwich	6 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Chicken Paprika or Roast Beef/Cheese Sandwich	8:45 Neighborhood Grocery Shopping 10 9:15 Zumba 9:30 Kiklicky Klack 10:00 Billiards 10:00 Computers w/John 10:00 Low Vision Group 11:00 Body & Brain Flexibility 12:00 Lunch & Learn - Ebola 1:00 Walmart 1:30 Parkinson Support 1:30 Forever 49 - Tai Pollock Fillet or Chicken Pesto Sandwich	11 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music Chair Massage 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Wii Games 1:00 Computers w/Ethan Pot Roast or Seafood Salad Sandwich	12 8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Tortellini w/Sauce or Turkey/Cheese
15 9:00 Downtown Errands 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Grocery Shopping - Everyone 1:30 Forever 49 - Tai Chi Stuffed Pepper or Tortellini Salad	16 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Holiday Special Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group Almond divine chicken	17 8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Kiklicky Klack 10:00 Computers w/John 10:00 Billiards 10:30 Pop-up Library 11:00 Body & Brain Flexibility 12:00 Lunch 1:30 Podiatry Clinic 1:30 Forever 49 - Tai Chi Meatball Sub or Egg Salad Sandwich	18 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Computers w/Ethan 1:00 Book Club Salmon Filet or Ham Chef Salad	19 8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure/Flu Shots 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Lentil stew or BBQ Chicken Sandwich
22 9:00 Woburn Mall 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Wal-Mart 1:30 Forever 49 - Tai Chi Chicken Creole or Tuna Salad Sandwich	23 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 12:30 Middle School Chorus 1:00 Bingo 1:00 Computers w/Ethan Veggie Burger or Turkey/Cheese Sandwich	24 8:45 Neighborhood Grocery Shopping 9:15 Cedar Glen Shopping 9:45 FTD Shopping 10:00 Billiards 10:00 Christmas Eve Brunch Closing at Noon Cheese omelets, French toast sticks, sausage	25 Town Hall and Pleasant Street Center Closed Christmas	26 Town Hall and Pleasant Street Center Closed Christmas
29 9:00 Downtown Errands 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Grocery Shopping—Everyone 1:30 Forever 49 - Tai Chi Hot Dog/Beans or Egg Salad Sandwich	30 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Roast Pork or Turkey/Cheese Sandwich	31 8:45 Neighborhood Grocery Shopping 9:15 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lunch/New Year Party/Yankee Swap 1:00 Woburn Mall Tangerine Chicken or Roast Beef/Cheese Sandwich	ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available	IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.

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Everything in Bold Transportation is available

IMPORTANT VAN INFORMATION PLEASE READ

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On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Mon., Dec. 8 ~ 1:00 – 2:30; & Dec. 22 ~ 9:00 – 10:30;
Weds., Dec. 31 ~ 1:00 – 2:30



Wal-Mart for everyone
Mon., Dec. 8 - 9:00 – 10:30 & ~ December 22 1:00 – 2:30; Weds., December 10 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library for everyone

Mon., Dec. 15 & 29 ~ 9:00 – 10:15
Weds., Dec. 3 ~ 1:00 – 2:30



Grocery Shopping for everyone
Mon., Dec. 15 & 29 ~ 1:00 – 2:30

Burbank YMCA for everyone ~All Tuesdays and Thursdays from 8:30 – 10:30

Podiatrist at The Pleasant St. Center ~ Weds., 17.
Van transportation for appointments made between 1:30 – 3:00



Stop & Shop or Market Basket:
Neighborhood Grocery Shopping Weds ~ 8:45 – 10:00

Cedar Glen Grocery Shopping Thurs. ~ 8:45 – 10:00
Tannerville Grocery Shopping Fri. ~ 8:45 – 10:00

There is **no** van service on Dec., 1 (1st Monday in December) The Pleasant Street Center is closed Thurs., Dec. 25 (Christmas Day) and Friday, Dec. 26. As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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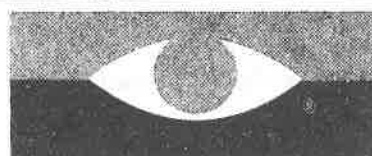
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HOLIDAY MESSAGE

The holidays can be joyous but can also offer plenty of reasons to be stressed, exhausted and depressed. A suggestion to get through this season is to simplify. Take a step back, allow yourself to do something different and reduce some of the things you've done in the past. If you need help- ask for it.

If you are feeling blue, remember that there's nothing wrong or unusual about feeling down during the holidays. While holiday stress may be seasonal, depression can be year-round. Some people may write off signs of serious depression as mere holiday stress. It's unwise to ignore depression symptoms for weeks in the hopes that they'll just disappear come January. If your holiday anxiety seems severe or is interfering with your daily activities, sleep, health - reach out to your doctor, our staff at Reading Elder Services or The Samaritans of Merrimack Valley 24 hour Confidential Crisis Help Line 1-866-912-4673. We are all here to support you!

LIBRARY HAPPENINGS

Library construction update: We're open for business! You'll find an all-new smaller **temporary** Reading Public Library at Eighty General Way, between Market Basket and the Reading Athletic Club with the same hours and friendly staff.

Live Wires Presents: Holiday Craft Night for Grown-Ups
Tue, Dec. 16, 7:00 at the Pleasant Street Center. You can go back in time (and bring your friends with you) Join us for a fun night of good old fashioned holiday arts & crafts. Make and bring home lots of decorations and gifts. No talent necessary-just enthusiasm!

Pop Up Library Wed, Dec. 17 - 10:30-12:00. Once a month, Reading Public Library will offer a full service "Pop Up Library" at the Pleasant Street Center. Library staff will be on hand to offer a variety of services. Hear about new books, get assistance from setting up an email address to downloading eBooks, checkout a variety of books, magazines, movies and music, and learn about new services.

HEALTH SCREENINGS

Podiatry Clinic, Wed., Dec. 17, 1:30 - 4:30

Call for an appointment with our new podiatrist Dr. Carl Conui 617-629-2806.

Please say this is an appointment at the Pleasant



Street Center. Bring your insurance card or cost is \$40. Most insurances cover this service every 9 weeks.

Blood Pressure -Mon. Dec. 1 - 10 - 10:45

Sponsored by Hallmark Health

Blood Pressure, and Flu Shots Fri., Dec.

19 - 10:15 - 10:45 (bring insurance card for flu shot) Sponsored by Rite Aid

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:

Tuesday Dec. 2 - 6:30 - 7:00 - Town Hall Conference Room

Representative Brad Jones: Fri., Dec. 12, 1:15-2:15

Senator Jason Lewis: Fri., Dec. 19, 2:30-3:30

Congressman John F. Tierney:

Peabody: 978-531-1669,

Lynn: 781-595-7375,

www.Tierney.House.gov

Information relating to legislative issues call Sally Hoyt, Senate President, (781) 944-1191.

SENIOR GROUPS

Low Vision Support Group: Wed., Dec.. 10 - 10:00 - Holiday Party, Arts & Crafts Room

Parkinson's Disease Support Group: Wed, Dec. 10, 1:30 to 3:00 pm - led by Greater Medford VNA

The Not Too Stuffy Book Group: **The White Queen by Philippa Gregory**, Thur., Dec 18, 1:00-2:00. Philippa Gregory evokes the life of a commoner who ascends to royalty by virtue of her beauty, who rises to the demands of her position and fights tenaciously for the survival of her family, whose two sons become the central figures in a mystery that has confounded historians for centuries: the Princes in the Tower whose fate remains unknown to this day. You are invited for a friendly discussion; books are available to borrow at the Library or the Center.

12 DAYS OF CHRISTMAS

T H C E T W E G N I M M I W S
 L E A P I N G L V E D A Y S O
 F C L H R I S T M S A S S S S
 T A L E E R T R A E P D R N T
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 F J A N U A R G N I C N A D Y

Partridge	Golden Rings	Dancing	Drumming
Pear Tree	Laying	Lords	Ladies
Turtle Doves	Swans	Leaping	Milking
French Hens	Swimming	Pipers	Drummers
Calling Birds	Maids	Piping	Geese

Fiesta Breakfast Casserole

- 1/2 pound bulk pork sausage
- 12 slices Pepperidge Farm® White Calcium Enriched Sliced Sandwich Bread, cut into cubes (about 6 cups)
- 1 1/2 cups shredded Cheddar cheese (about 6 ounces)
- 1 cup Pace® Picante Sauce
- 4 eggs
- 3/4 cup milk
- Cook the sausage in a skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Spoon the sausage into an 11 x 7 x 2-inch baking dish. Top with the bread cubes and cheese. Beat the picante sauce, eggs and milk in a medium bowl with a fork or whisk. Pour the sauce mixture over the bread mixture. Stir and press the bread mixture into the picante sauce mixture to coat. Cover and refrigerate for 2 hours or overnight.
- Heat the oven to 350°F. Uncover the baking dish.
- Bake for 45 minutes or until a knife inserted in the center comes out clean

READING ELDER SERVICES
 16 LOWELL STREET
 Reading, MA 01867

Pleasantries
 Reading Senior Newsletter

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov.
 If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.